



INSTRUCTION MANUAL

One Pair of Long Life Pads

Model: **PMLLPAD**



(for use with Omron electroTHERAPY pain relief units)
Self-adhesive electrode pad with snap connection (98mm x 64mm)
www.OmronPainRelief.com

ENGLISH

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SAVE THESE INSTRUCTIONS



Please read this instruction manual thoroughly before using the pads.

SAFETY INFORMATION

Intended Use

These pads should be used only for applying electrical stimulation with the Omron Electrotherapy Pain Relief Unit (PM3030) and applied on normal, healthy, dry, and clean skin of adult patients only.

- 1 session - 15 min. with automatic shut off
- Max min. per session - 30 min. or 2 sessions
- Max times per day - 3 times/day

⚠ Do not use these pads for stimulation if you have a cardiac pacemaker, implanted defibrillator, or other implanted metallic or electronic device. Such use could cause electric shock, burns, electrical interference, or death.

Do not place the pads:

- ⚠ Over your neck because this could cause severe muscle spasms resulting in closure of your airway, difficulty in breathing, or adverse effects on heart rhythm or blood pressure.
- ⚠ Across your chest because the introduction of electrical current into the chest may cause rhythm disturbances to your heart, which could be lethal.
- ⚠ Over open wounds or rashes, or over swollen, red, infected, or inflamed areas or skin eruption, for example: phlebitis, thrombophlebitis, varicose veins.
- ⚠ Over, or in proximity to, cancerous lesion.
- ⚠ Over areas of skin that lack normal sensation.
- ⚠ On the opposite sides of your head since the effects of stimulation of the brain are unknown.

SAFETY INFORMATION

- ⚠ For stimulation if you have a cardiac pacemaker, implanted defibrillator, or other implanted metallic or electronic device. Such use could cause electric shock, burns, electrical interference, or death.
- ⚠ The size, shape, and type of pads may affect the safety and effectiveness of electrical stimulation.
- ⚠ The electrical performance characteristics of pads may affect the safety and effectiveness of electrical stimulation.
- ⚠ Using pads that are too small or incorrectly applied could result in discomfort or skin burns.

Precautions

- The long-term effects of pads for electrical stimulation are unknown.
- Since the effects of stimulation of the brain are unknown, the pads should not be placed on opposite sides of your head.
- Use caution if pads are applied over areas of skin that lack normal sensation.

Adverse reactions

- You may experience skin irritation and burns beneath the pads applied to your skin if used longer than indicated; 30 min./session, up to 3 times/day.
- You may experience headache and other painful sensations during or following the application of electrical stimulation near your eyes and to your head and face.

HOW TO USE THE PADS

1. Remove and discard plastic film from pads.
2. Connect either electrode to any pad.
3. Place pads only on normal, intact, dry, clean, and healthy skin.

Note: These pads are intended for one-person use. Do not share pads with other persons because of the risks of adverse skin reactions and to prevent the spread of disease.

WHEN TO REPLACE THE PADS

If the pad no longer sticks to your skin or if more than 25% of the pad's surface is not in contact with your skin.

HOW TO CLEAN THE PADS

1. Turn the power off on the unit and remove the cord from each pad.
 2. Wash pads when adhesive becomes dirty and/or pads are not adhering to your skin.
 3. Use your fingertips to gently wash under cold water.
- DO NOT use a sponge, cloth, detergents, chemicals or soap.
 - Pads can be washed up to 10 times and used up to 150 uses.
 - Air dry pads and DO NOT wipe with paper or cloth.

STORAGE

- Do not bend pads.
- In between uses, keep cord connected to the pads and place pads on the pad holder with the adhesive side down onto each side of the holder.
- Wrap the cord around the pad holder.
- Store in a cool, dry place, 5-40°C (41-104°F.), 30-40% relative humidity.
- With proper storage and use, you may extend the life of your pads.

KEEP OUT OF REACH OF CHILDREN

If you have any questions or need assistance,
please call 1- 800-634-4350.

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